

DINNERLY



20-Minute Caribbean Chicken Pita Pockets with Cabbage Slaw and Raisins



20 minutes



2 Servings

Get dinner ready in a flash with these pleasing pita pockets. Pan-fry chicken in Caribbean spices, then pile into warm pita pockets with a creamy cabbage slaw.

WHAT WE SEND

- 1 large free-range chicken breast fillet
- 10g Caribbean seasoning ¹⁷
- 2 pita pockets ¹
- 1 carrot
- 200g green cabbage
- 20g raisins

WHAT YOU NEED

- 1 garlic clove
- 2 tsp olive oil
- 2 tbs mayonnaise ³
- 2 tsp white wine vinegar ¹⁷
- 1 tsp honey

TOOLS

- foil
- medium frypan
- julienne peeler or box grater
- mandoline (optional)

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 700kcal, Fat 23.8g, Carbs 71.3g, Proteins 45.8g



1. Marinate chicken

Preheat the oven to 200C. Crush or finely chop **1 garlic clove**. Thinly slice the **chicken**. Put the garlic, chicken, **Caribbean seasoning** (see Make it yours) and a **drizzle of olive oil** in a bowl, season with **salt and pepper** and stir to combine.



2. Warm pitas

Halve the **pitas** to form 4 pockets, then enclose in foil. Put in the oven for 10 mins to soften and warm through.



3. Cook chicken

Meanwhile, heat a medium frypan over high heat. Cook the **chicken**, stirring, for 3 mins or until cooked through. Remove from the pan.



4. Prep cabbage slaw

Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Thinly slice the **cabbage** with a sharp knife or mandoline. Coarsely chop the **raisins**. Put **2 tbs mayonnaise**, **2 tsp white wine vinegar** and **1 tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine.



5. Dress slaw and serve up

Add the **carrot**, **cabbage** and **raisins** to the dressing and toss to coat. Fill the **pita pockets** with the **chicken** and some **cabbage slaw**. Serve with the **remaining slaw** and enjoy!



6. Make it yours

If you don't like spice or have little ones, halve the amount of seasoning on the chicken.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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